



Congressman dedicates new science building at post school

Story and photos by Edward Rivera
Fort Sam Houston Public Affairs

Representative Ciro Rodriguez, 28th Congressional District, Col. Douglas A. Biggerstaff, Garrison commander, Fort Sam Houston Independent School District and school board members dedicated a new science building at Robert G. Cole Junior/Senior High School Nov. 18. The ceremony kicked off a weeklong series of events celebrating both the Fort Sam Houston Elementary School 50th anniversary as well as Robert G. Cole Junior/Senior High School 40th anniversary.

“When I first toured the old facilities I felt ashamed that our military members’ children were using facilities that would have been unacceptable for a state run school,” said Rodriguez. According to Rodriguez, he went back to Washington with great anger, but now he is proud to have been a part of the new science building and assured the audience that he will continue to support the education of military children.

After the ribbon cutting ceremony all were

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Representative Ciro Rodriguez, 28th Congressional District speaks to Fort Sam Houston Independent School District students and teachers at the dedication of Robert G. Cole Junior/Senior High School’s new science building Nov. 18.

Briefs

FSH Schools closed Nov. 25-29

FSH ISD will observe Thanksgiving Holidays Nov. 25 – 29. School resumes Dec. 2.

Newcomers’ Extravaganza, Nov. 26

A Newcomers’ Extravaganza will be held Nov. 26, 9 a.m. at the Roadrunner Community Center, Bldg. 2797 on Stanley Road. Event is mandatory for newcomers in rank of lieutenant colonel and below. For more information call 221-2705.

No mail processing/distribution, Nov. 29

Mail and Distribution Branch Bldg. 4190 and satellite centers at buildings 2792 and 2840 will be closed Nov. 29. There will be no distribution or outgoing mail processing.

ACAP closed Nov. 29

The Army Career and Alumni Program Center will be closed Nov. 29.

Tree Lighting Ceremony, Dec. 4

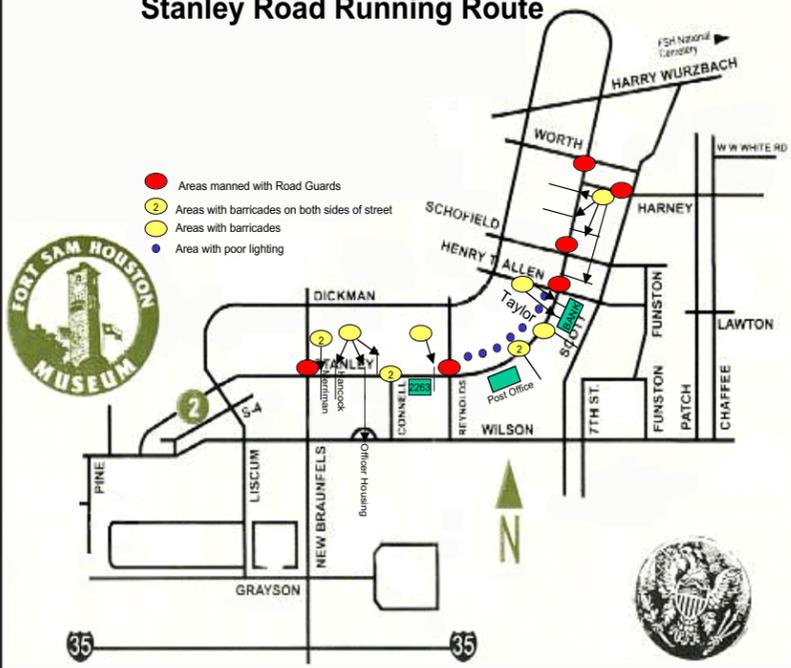
The traditional tree lighting ceremony will take place at the main post flagpole Dec. 4, 6 p.m. The 323d Army Band will play a medley of holiday music. The public is invited.

Additional Post facilities holiday hours on page 15

New PT running route on post

Effective Nov. 25, Stanley Road will be closed from 5:30-6:30 a.m. on Monday, Wednesday and Friday from the intersections of Harney to New Braunfels Roads (see map below). This stretch of Stanley Road will become the official running route for many units at Fort Sam Houston. The only available crossing point during these hours will be at Schofield Road, however, expect delays as troop formations have priority over moving traffic. Consider using alternate routes during this period to prevent delays. Keep in mind that road guard points and barricades will be in place prior to the official PT times in order to clear the road for company formations. This running route is authorized for military formations only. All command policies concerning individual runners on Stanley Road and all other unauthorized roads area still in effect.

Stanley Road Running Route



Rumsfeld discusses U.N. resolution, patterns of Iraqi behavior

By Jim Garamone
American Forces Press Service

The United Nations Security Council will be interested in “patterns of behavior” that Iraq exhibits, Defense Secretary Donald Rumsfeld said Nov. 17. Rumsfeld, traveling to Chile to participate in the Defense Ministerial of the Americas, talked to reporters about U.N. Security Council Resolution 1441. He said the resolution calls on Iraq to state and declare what weapons of mass destruction it has. It also calls for Iraq to declare other capabilities it has in violation of 17 U.N. resolutions, such as missile technology.

“Saddam Hussein has an obligation under (the resolution) to affirmatively state what they have,” Rumsfeld said. “One would think that that would be a help to the inspectors if they are honestly and accurately answered. Not just to what they have, but where it’s located.” But what is a material breach of Resolution 1441 is in doubt. The secretary said that decision is up to the Security Council and U.N. member states.

For instance, he said, Iraqi air defenses have continued attacks on U.S. and coalition aircraft since Hussein accepted the resolution. Iraqi gunners fired on coalition planes Nov. 16

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Army setting up MWR sites for deployed troops

By Victoria Palmer
Army News Service

With soldiers deploying overseas for Operation Enduring Freedom, U.S. Army civilian Morale, Welfare and Recreation specialists are close behind to provide MWR programs for troops downrange.

MWR civilian employees recently deployed to Qatar, Afghanistan, and Djibouti, Africa. Another is scheduled to deploy in December to set up a recreation site for U.S. troops in Uzbekistan.

“They’re all new sites for MWR programs,” said Kathleen Cole, MWR contingency operations program analyst at the U.S.

Army Community and Family Support Center in Alexandria, Va. USACFSC is the Army headquarters responsible for delivering more than 200 MWR programs worldwide.

“All these folks are experienced MWR professionals,” Cole said about the five deploying, “and all except one have been deployed previously to provide MWR programs to soldiers.”

Each MWR site in the theater of operations has received a large unit MWR kit that contains weight equipment, basketball goals, board games and TVs with VCRs, said Cole, and additional weightlifting and aerobic equipment.

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U.S. medevac crews stay busy in Afghanistan

By Kathleen T. Rhem
American Forces Press Service

U.S. medical evacuation aircraft crews stayed busy in Afghanistan proving how dangerous a place the war-torn country remains.

In three instances, Afghan civilians with potentially life-threatening injuries were evacuated and treated by American medical assets, Defense Department officials said. In a separate incident, a U.S. service member was evacuated for treatment of a broken wrist.

In the first of the three Afghan incidents, a man in the village of Qala-E-Nasra lost a foot in a mine explosion. He was evacuated to the U.S. Combat Support Hospital at Bagram Air Base, near Kabul, and is in stable condition after undergoing surgery, officials said.

An Afghan man in the village of Tarin Khowt, about 200 miles southwest of

Kabul, sustained severe injuries to his right hand, leg and foot when a hand grenade exploded under unknown circumstances, according to military reports. Officials said the man would have lost his hand had he not been flown to Kandahar airfield, where an American forward surgical team treated him.

The third incident involved two children and one adult shot in the village of Deh Rawod, about 50 miles north of Kandahar on the afternoon of Nov. 16. A three-year-old was shot in the face, and a 17-year-old was shot in the right thigh. The father of the three-year-old was also shot in his right calf and forearm, but his injuries weren't reported to be as serious as those of the children, defense officials said.

American doctors operated on all three at Kandahar airfield, and all are reported to be in stable condition.

Nov. 16, an American soldier broke

his wrist, reportedly by falling off a roof. He was taken to a forward operating base for air evacuation to Bagram and then scheduled for travel to the U.S. Army Medical Center at Landstuhl, Germany, for further evaluation and treatment, officials said. They released no information

on the soldier's location or activities at the time he was injured.

Unknown enemy forces targeted U.S. troops in Afghanistan twice over the weekend. No coalition personnel or facilities were hit in either incident, officials said.

Rumsfeld

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in the Southern No-fly Zone; U.S. warplanes responded by dropping precision-guided weapons on Iraqi air defense sites.

"I have always found it unacceptable for any country to shoot at our aircraft with impunity," Rumsfeld said. "The resolution addresses the subject (of Iraqi fire on coalition aircraft), and it's up to the Security Council and the member states to make conclusions as to what is or is not a material breach."

The secretary remarked that he believes the United Nations would be looking for a pattern of behavior to determine material breaches of the U.N. resolution. Repeated firing at coalition planes would certainly be considered

Rumsfeld reiterated that the United States has nothing against the Iraqi people, just against the dictatorial regime of Saddam Hussein. He said that anyone involved in the design and use of weapons of mass destruction will be held particularly responsible.

Fort Sam Houston News Leader

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Left to right, Col. Douglas Biggerstaff, Garrison commander, Rep. Ciro Rodriguez and Dr. Roland Rios, principal, observe students during a science class Nov. 18 after the dedication of the school's new science building.

Representative Ciro Rodriguez talks to Cole High School senior, Brian Parker, who addressed the audience on behalf of the student body during the ceremony.



Congressman

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invited to tour the facilities. The new 5,000 square foot science facility for Cole was designed by the architectural firm of McCall & Associates, and includes six classrooms containing state of the art laboratory equipment and technology. It was constructed at a cost of \$2.65 million. The new facility replaces the original 40-year old facility that no longer met state or national standards or school safety requirements for laboratories.

The idea for the science building began in 1997 when a delegation went to Washington to request funds for the facility. According to Dr. Anne Kiehle, superintendent, Fort Sam Houston ISD, Rodriguez was instrumental in facilitating the funding needed for the construction of the new science building.

"It's wonderful to know someone really cared about our kids to listen to our needs and better their future," said Kiehle.

During the tour of the school distinguished visitors observed several classes in progress and were event treated to several rocket launches behind the building.

According to Rodriguez, science is not only important to the student's future, but to the future of our country.

"When it comes to science and producing scientists, we are behind many other countries," said Rodriguez. "But with endeavors such as this, we will be closing that gap."

Built in 1962, Robert G. Cole Junior/Senior High School is a 2002 Texas Education Agency Recognized School and has twice received recognition by the U.S. Dept. of Education as a Blue Ribbon School of Excellence.

Dr. Roland Rios, principal talked about teachers that made a difference in his life and thanked all teachers present for making a difference in the lives of their students.

Army

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ment have also been purchased for all sites.

The assigned MWR recreation specialist and possibly an NCO will be the only staff at most locations. They will rely on military volunteers to help, Cole said.

"It's amazing how many soldiers want to volunteer with programs," said Cole, "whether it's to help referee games or teach aerobics."

Taking MWR downrange is essential for providing stress relief and for ensuring mission readiness of soldiers, said Cole. MWR personnel downrange work closely with their AAFES and Red Cross counterparts at each site, she said. "Our MWR professionals have plenty of experience to know the kind of programs that work," she said.

Civilian MWR professionals previously provided direct support to military operations in Operations Desert Shield and Desert Storm, Operation Uphold Democracy (Haiti), and Operation Joint Forge (Bosnia/Kosovo).

Most MWR personnel who deploy are selected from a roster of designated emergency essential civilians who have agreed to travel wherever MWR programs are needed for deployed troops, Cole said. She said individuals are chosen for their occupational specialties such as recreation, entertainment or sports.

Availability is key, said Cole. "Once you get the call, you have 30 days to report. That's what soldiers get and that's

the status of these people who are designated as EECs."

When civilians deploy to a location downrange, the processing procedures are similar to those for soldiers, explained Cole. Each person deploying spends up to five days processing at a stateside installation replacement center.

There they live in barracks, share bathroom facilities, eat in the dining hall and are required to make formations, just like the active-duty troops who process through. Civilians are issued Geneva Convention identification cards and identification tags. They complete emergency notification forms and are issued military clothing and equipment appropriate for the region. Training includes chemical and biological protection, first aid, code of conduct instruction, health and sanitation tips, weapons familiarization and customs and courtesies for the area of deployment.

Jeff Nemeth, a recreation programmer from Ansbach, Germany, spent five days in mid-October at the Fort Benning, Ga., Continental U.S. Replacement Center before he deployed to Djibouti, Africa in support of OEF.

The 28-year old Galsburg, Ill., native holds a degree in recreation, park, tourism administration from Western Illinois University and says he considers himself a career MWR professional. A deployment veteran, Nemeth spent seven months at Camp Monteith, Kosovo, two years ago supporting units from Giessen, Germany.

"Professionally, I'm very, very excited about it," said Nemeth about his new assignment. "The soldiers just appreciate everything we do - down there it means much more."

Other MWR specialists recently deployed include Bob Vogt from Fort Dix, N.J., who set up a recreation site for troops in Qatar. Henri LeBorgne from White Sands Missile Range, N.M., and Andy Finnerty from Fort Myer, Va., recently deployed to Afghanistan. Mitch Thompson from Fort Myer, Va., departs in December for Uzbekistan said Cole.

The MWR specialists generally work 12-hour days, seven days a week for the duration of their 179-day tour and receive overtime and danger pay based upon location, said Cole.

"We need more people who really want the challenge of deploying," Cole said. "The willingness to go into a difficult environment with harsh living and work conditions does reap benefits. Soldiers truly appreciate the fact that MWR civilians are there with them."

"It's the most satisfying thing I've ever done," said Cole of her two and a



Photo by Victoria Palmer

Jeff Nemeth learns how to fit his NBC mask as part of his pre-deployment preparation at Fort Benning, Ga., before going to Djibouti, Africa, where he is now operating MWR programs for soldiers downrange.

half years duty in the Balkans. "I appreciated seeing the Army do what it's trained to do when it's really doing its mission. And I believe DoD civilians should be out there working right along with the soldiers."

Note: Victoria Palmer is a senior information specialist with the Public Affairs Office of the U.S. Army Community and Family Support Center.

PERSCOM replaces all e-mail addresses with AKO

By Capt. John L. Barrett
Special to the News Leader

In terms of personnel business, Army Knowledge Online became the official e-mail for all soldiers this month.

U. S. Army Personnel Command replaced all soldier e-mail addresses currently in its database with AKO addresses. Officer record briefs, for example, now contain the us.army.mil address in the top left-hand corner, not what was previously listed. Enlisted soldiers' AKO addresses are also required on efficiency reports to shorten contact time when an NCO-ER requires a correction.

Previously, various unit and personal e-mail addresses were saved in the

Army's personnel database. Some remained current while others were not updated after soldiers moved away from an installation.

"We want every officer and soldier to be accessible," said Lt. Col. Georgia Bouie, whose office headed the e-mail transfer. The only way to ensure that is to use a common e-mail address that the soldier will have for his entire life."

AKO e-mail is currently used for a variety of official purposes, such as correspondence from career managers and the electronic mailing of travel voucher settlements from DFAS.

The change was implemented at PERSCOM, with no action required on the part of soldiers. Soldiers without AKO

addresses will not have a contact e-mail in their database. Soldiers who do not currently have an AKO address should sign up for an account from the Army Knowledge Online web site at www.us.army.mil, officials said.

AKO e-mail is just one of the various features of the larger AKO initiative. It includes functions such as AKO chat -- which allows soldiers to communicate electronically in real time -- and the AKO White Pages, where soldiers can search for other soldiers. AKO provides troops access to functions normally included in the electronic communities of the private sector, officials said.

AKO was designed as a central place for soldiers to receive information.

Personalized information can be sent directly to them via their AKO e-mail account. The Army can use this similar to how businesses use e-mail to provide information to their customers, PERSCOM officials said. They said information about assignments, professional development opportunities, and re-enlistment can be sent to the field quickly -- saving both time and money.

AKO e-mail can be read through the AKO Web site or can be forwarded to other e-mail accounts owned by the soldier for convenience. Mail forwarding can be implemented by choosing the "personalize" tab once inside the AKO portal.

Army's initiatives spotlighted at Accelelements Expo

"Army initiatives"... "all of which have merit and meet real soldier needs is now defined as 'focus over flair,' said Dr. John W. McCollum, an Army Instructional Education Specialist with the DoD Biomedical 91A training mission, when asked by Carol Drake, training manager at 382nd Training Squadron and one of the organizers of the Accelelements Expo. Drake hosted Dr. McCollum's display of Army initiatives at the Sheppard Air Force Base's Accelelement Expo. The DoD Biomedical Repair Technician course at Sheppard Air Force Base in Wichita Falls, Texas, imparted this message in a base wide expo of training called "Accelelements Expo" at the 882nd Training Group. The "Accelelement Expo" spotlighted two major Army displays that showcased Army Training Initiatives at Sheppard Air Force Base.

"The meaning of "Accelelements" is to spotlight and display unique ways to train with the trainees in classrooms, labs, and training sites at Sheppard Air Force Base, Wichita Falls, Texas. Army's Dr. McCollum has demonstrated several unique training methods and techniques which have drawn positive interest to our Wing's way of looking at training techniques," said Drake.

Dr. McCollum, with the aid of the Army faculty and soldiers, lead a demonstration of "soldier-centered training as a unique way of looking at the learning environment," said Drake. "Technology used in the training of detailed wiring diagrams as part of a 'focus over flair' adaptation for training of the Army's 91A's mission at Sheppard Air Force Base," Drake added. The theme of the Army's exhibit booth reflected the goal of flexibility with the Army's initiatives addressing 'focus over flair' with video and static displays. It also illustrated training techniques and topics of soldier centered methods for limiting didactic methods...that is, lectures, drill and practice, and worksheets that encourage students to memorize facts and procedures...for an "interactive" approach that emphasizes inquiry based, hands-on activities; knowledge-building discussions; and projects that connect soldiers to their DoD biomedical training for Army's BMEDs.

Flexibility addressed as a mix of top-down and bottom-up strategies with strong leadership working in tandem with Army instructors who have a strong stake in the working of the DoD Biomedical School to meet Army mission requirements in a DoD setting. The framework of high quality or "authentic intellectual/performance based work" which BMEDs have been involved in, through the use of disciplined inquiry and construction of knowledge that leads to discourse, products, or performances that have value beyond school into the battle theater.

McCollum said, "Instructors skillfully develop techniques to capture the attention of the participants at the beginning of a course and the start of each class session. However, these same classes and courses end on a second-rate summary." Typically at the end of the class participants shuffle papers while the instructor is rushed to summarize the day's work. Similar discord occurs at the end of the course when participants slink out of the room after a final exam.

McCollum said, "When we hint that class will end with comments such as,

"in conclusion" or "to wrap things up," participants often start to mentally shut down or literally pack-up their belongings and, basically, class is over." How should we respond to this unnerving experience? As an alternative there are four methods for student-centered accelelements activities for the end of class.

60 Second Papers - The most well known is the one-minute paper, popularized by Cross and Angelo in *Classroom Assessment Techniques: A Handbook for Faculty* (1988). One-minute papers ask participants to respond to questions such as:

- "What was the most important thing you learned in today's class?" or
- "What question or questions from today's class remains unanswered?"

- These 60 Second Papers are collected by the instructor and used to assess student learning.

Think-pair-share - The cooperative learning literature recommends the simple yet powerful, techniques of *think-pair-share*. It is used most often in lecture classes as an opportunity for participants to test their knowledge with another student.

- First, participants are asked to think about a question, for example:

- "What was surprising in today's class?" Then the instructor helps participants form teams of two, in, which they take turns, stating their thoughts to each other.

- Next, pairs report their discussions to others, perhaps to other pairs, or to the whole class.

- Often team members report their partner's answers rather than their own.

Knowledge Worth Learning - Another variation of ending class with short papers derives from *Knowledge Worth Learning*, a tripartite set of questions for students: "What do I know?" "What do I want to learn?" asked at the beginning of class; and "What did I learn?" asked at the end of class:

- A participant may be asked: "Here are some things I learned in class today;" "Here are some questions I have about the topic;" "Here are some things I don't even understand well enough to ask about."

- In addition to informing the instructor about how participants have learned, KWL helps students to be aware of their own progress.

Punctuated Lectures - *Listen, Stop, Reflect, Write and Give Feedback*. After a portion of the lecture, participants reflect on what they were doing during the presentation and how their behavior while listening may have helped or hindered their understanding of that information.

- They then write down any insights they have gained and 'feed them back' to the instructor in the form of written notes or spoken comments.

- The techniques promote active listening and self-reflective skills.

Using definitions of quality instruction from Yale University's Richard Leblanc, McCollum emphasized the use of the following ten- factors to visualize the display with live soldiers and written soldier testimonials titled: Qualifying Factors in Quality Instruction combining these factor with the theme of "focus over flair". Those ten qualifying factors were:

- Good instruction is as much about passion as it is about reason. It's about not only motivating students to learn, but also instructing them how to learn, and



Photo by Sgt. 1st Class John W. Campbell II

Dr. John W. McCollum explains to Spc. Roy Havens how soldiers who complete the 91A MOS training course may receive an Associate of Applied Science Degree by Distance in Biomedical Electronic Technology from Aims Community College, Greeley, Colo. for successfully completing the Biomedical training at Sheppard AFB, Wichita Falls, Texas.

doing so in a manner that is relevant, meaningful, and memorable. It's about caring for your craft, having a passion for it, and conveying that passion to everyone, most importantly to your students.

- Good instruction is about substance and treating students as consumers of knowledge. It's about doing your best to keep on top of your field, reading sources, inside and outside of your areas of expertise, and being at the leading edge as often as possible. But knowledge is not confined to scholarly journals. Good instruction is also about bridging the gap between theory and practice. It's about leaving the ivory tower and immersing oneself in the field, talking to, consulting with, and assisting practitioners, and liaising with other academic disciplines.

- Good instruction is about listening, questioning, being responsive, and remembering that each student and class is different. It's about eliciting responses and developing the oral communication skills of the quiet students. It's about pushing students to excel; at the same time, it's about being human, respecting others, and being professional at all times.

- Good instruction is about not always having a fixed agenda and being rigid, but being flexible, fluid, experimenting and having the confidence to react and adjust to changing circumstances. It's about getting only 10 percent of what you wanted to do in a class done and still feeling good. It's about deviating from the Program of Instruction (when situations dictate for the ease of the learner) when there is more and better learning elsewhere, yet maintaining the terminal-learning objective. Good instruction is about the creative balance between being an authoritarian dictator on the one hand and a pushover on the other.

- Good instruction is also about style. Should good instruction be entertaining? You bet! Does this mean that it lacks in substance? Not a chance! Effective instruction is not about being locked with both hands glued to a podium and having your eyes fixated on a power point presentation while you drown on.

- Good instructors work the room and every student in it. They realize that they

are the conductors and the class is their orchestra. All students play different instruments and at varying proficiencies.

- This is very important, good instruction is about humor. It about being self-deprecating and not taking yourself too seriously. It's often about making innocuous jokes, mostly at your own expense, so that the ice breaks and students learn in a more relaxed atmosphere where you, like them, are human with your own share of faults and shortcomings.

- Good instruction is about caring, nurturing, and developing minds and talents. It's about devoting and managing time, often invisible, to every student. It's also about the thankless hours of grading, designing or redesigning courses, and preparing materials to still further enhance instruction.

- Strong and visionary leadership, and very tangible institutional support, resources, personnel, and funds support good instruction. An overarching vision that transcends the entire organization, from the beginning instructor fresh from the field to the seasoned NCO or civilian and is reflected in what is said, but more importantly by what is done continually reinforces good instruction.

- Good instruction is about mentoring between senior and junior NCO faculty, teamwork, and being recognized and promoted by one's peers. Effective instruction should also be rewarded, and poor instruction needs to be remedied through training and development programs through staff development.

- At the end of the day, good instruction is about having fun, experiencing pleasure and intrinsic rewards, like locking eyes with a student in the back row and seeing the synapses and neurons connecting, thoughts being formed, the person becoming better, and a smile cracking across a face as learning all of a sudden happens. Good instructors practice their craft not for the money or because they have to, but because they truly enjoy it and because they want to. Good instructors couldn't imagine doing anything else.

Source: DoD Biomedical Training School, Sheppard Air Force Base, Wichita Falls, Texas

Thanking the Memorial Services Detachment

By Representative Ruth Jones
McClendon
Special to the News Leader

In keeping with San Antonio's Veterans Day celebrations, once again we were able to host the annual banquet for members of the Fort Sam Houston Memorial Service Detachment.

The Fort Sam Houston Memorial Service Detachment (MSD) is an all-volunteer group composed of more than 65 veterans who perform military honors ceremonies at funerals for United States military veterans. The history of the Memorial Services Detachment relates back to the late 1980s when due to expenses, a shortage of active duty military personnel, and a growing number of military veteran internment services, the Pentagon found it necessary to restrict full military burial honors to persons dying while on active duty, fully retired, or Medal of Honor recipients.

In response to those mandates a group of San Antonio volunteers, recognizing the disappointment of the families of deceased veterans, set about planning and training to provide full burial honors for interment ceremonies at the Fort Sam Houston National Cemetery at no cost to the families. Each day, regardless of weather, an honor guard from the Memorial Services Detachment volunteers is present at each service to provide the traditional 21 rifle salute, the playing of "Taps" and the presentation of the American Flag to the family.

These volunteers serve each day as long as they are needed. They provide



Photo by Esther Garcia

Texas State Representative Ruth Jones-McClendon joins Lt. Gen. Freddy E. McFarren, Fifth Army commander to thank members of the Fort Sam Houston Memorial Services Detachment for support of more than 12,000 internment services for area veterans. Each member received a certificate from Texas Governor Rick Perry and a State of Texas key chain from McClendon.

an average of 12 services a day and have conducted more than 12,000 since the first one on December 17, 1991. If active duty personnel had provided those services, the cost to the taxpayers would have exceeded a quarter of a million dollars.

As I told the group of more than 150 MSD members, their wives, and guests, it is very emotional for me just to think of the loyalty and friendship that these wonderful men pass on to the families of the veterans they view as spiritual brothers. I do feel honored just to be a part of their lives. The average age of the MSD members is 68; the oldest is 85; and the

number of volunteers having served in the group since its start 12 years ago is fast approaching 200.

The featured speaker at the dinner was Lt. Gen. Freddy E. McFarren, the Commanding General of the Fifth U.S. Army, headquartered at Ft. Sam Houston. He noted that we are a nation at war, and that by their example the members of the Memorial Services Detachment are carrying on a military tradition for an Army that literally is older than our nation. In thanking them, he pointed out that the cemetery is the common meeting ground for all our heroes; all ranks, and from all races and walks of life. Colonel Frank E.



THE STATE OF TEXAS

GOVERNOR

To all to whom these presents shall come, Greetings: Know ye, that this certificate recognizes:

Frank G. Suarez

"Freedom is a fragile thing... It is not ours by inheritance; it must be fought for and defended constantly by each generation..." These words by President Ronald Reagan embody the spirit and conviction of the brave men and women who served and continue to serve our nation in the armed forces.

Standing under freedom's banner, Americans have always answered the clarion call to duty. Pinnacles of courage and conviction, you continue to serve our nation with distinction. You exemplify that today as a member of the Memorial Services Detachment at Fort Sam Houston. On behalf of my fellow Texans, I thank you. You highlight the greatness that is Texas.



In testimony whereof, I have signed my name and caused the Seal of the State of Texas to be affixed to this Certificate at the City of Austin, this 8th day of November, 2002.

Rick Perry
Rick Perry
Governor of Texas

Blakely, U.S. Army Medical Department Center and School and Fort Sam Houston chief of staff and installation Chaplain (Col) Edward Maney each echoed their thanks to the group.

This was our fourth annual event recognizing that the MSD members are a constant reminder of the contributions of our veterans in protecting democracy through times of war or peace and a demonstration of the high regard we, of the San Antonio community, have for all of our military neighbors. We look forward to our 5th Annual Memorial Services Detachment Banquet next year.

November is Military Family Month

In keeping with YMCA values and traditions, the Armed Services YMCA celebrates military families around the world during November. Armed Services YMCA branches and program centers and civilian community YMCAs across the nation join with military leaders on installations in celebrating military families -- the dedication and sacrifices that are the hallmark of service men and women and their families.

The Fort Sam Houston Community will celebrate Military Family Month at the Roadrunner Community Center, Building 2797 on Nov. 23.

Highlights of indoor and outdoor activities include: Art Contest 2003 and Children's Choice Awards, moon bounce, pony rides,

Frisbee toss, 3 legged races, sack races and an apple pie contest. Finally, to end the day's events, families will be entertained inside the Roadrunner by a Family Talent Show with a Balloon Drop at the end of the show.

These special events allow us to recognize and thank all those military families assigned to Fort Sam Houston who enhance morale, improve readiness, and contribute to the well being of the installation.

Certificates of Appreciation to recognize the military family will be available on Nov. 23 for units and soldiers at the Roadrunner Community Center, Building 2797.

For more information, call Kerry Dauphinee at 221-2705.



THE WHITE HOUSE
WASHINGTON

I send greetings to our distinguished military personnel, their families and their loved ones during Military Family Month.

As we confront the challenges of a new era, we look to our veterans and men and women in uniform for their example of courage and sacrifice. Those who devote their lives to our Armed Forces help protect the democratic ideals that make our Nation strong. We also recognize the families who serve beside our brave service men and women. By offering comfort and strength to your loved ones, you play a vital role in our national defense and help make our military forces the finest in the world.

I commend our military families for remaining courageous and steadfast. America is grateful for your sacrifice, love, and support of our heroes in uniform.

Laura joins me in sending our deep appreciation, and best wishes.



DEPARTMENT OF THE ARMY
OFFICE OF THE SERGEANT MAJOR
203 ARMY PENTAGON
WASHINGTON, DC 20310-0203



REPLY TO
ATTENTION OF

Dear Family Member:

I am very proud to join Armed Forces Services YMCA during Military Family Month in thanking you for the hard work and dedication you show everyday. Your outstanding support to our Army families is what helps make our nation the strongest in the world.

In this day of world-wide deployments and lengthy periods of separations, we are truly thankful for our loved ones and blessings. As we continue to strive for a more peaceful world we all can look back and realize that we can count on the support of our spouses and children during these times. Part of every mission's success depends on the trust that soldiers have, knowing someone at home is waiting on their return with open arms and open hearts.

During this week of celebration, we would like to recognize and applaud you for your efforts; they are truly deserving of praise. I extend my most heartfelt appreciation and gratitude to you from those of us who serve.

Sincerely,

Jack L. Tilley
12th Sergeant Major of the Army

OCS application dates announced

PERSCOM has announced the dates for next year's Officer Candidate School boards. Interested soldiers must complete application packets and send them to Personnel Management Branch by the application suspense date as indicated below.

OCS suspense dates for FY 2003:

Application Suspense	Local Interview Date
Dec. 2	Dec. 11
February 12, 2003	February 19, 2003
June 11, 2003	June 18, 2003
September 8, 2003	September 17, 2003

For information and OCS application packet, call 221-1839.

FSH schools celebrate 50th anniversary tomorrow



By Gail Siller
Special to the News Leader

Students from both the Fort Sam Houston Elementary School and Robert G. Cole Junior/Senior High School campuses are eagerly anticipating the culminating celebration of the 50th anniversary of the school district and elementary school and the 40th anniversary of Cole Junior/Senior High School.

This event highlighting Fort Sam Houston Independent School District's anniversary occurs tomorrow at 1 p.m. at the Robert G. Cole High School Stadium. The public is invited to attend and join Fort Sam Houston students and staff in showing their patriotism by wearing red, white, and blue colors.

Activities begin with a parade consisting of the Cole JROTC Color Guard, the Golden Cougar Marching Band, special guests and dignitaries and pre-kindergarten, kindergarten, and first grade students entering the stadium.

Giving commemorative remarks will be U.S. Congressman Charles Gonzales, who, like his father before him, Congressman Henry B. Gonzales, has been a strong supporter of Fort Sam Houston ISD and its schools. Shortly after his election to Congress, Representative Gonzales took time to visit Fort Sam Houston schools and dis-

cuss their facility needs with the district administration. He is also an active member of the Congressional Impact Aid Coalition, which supports funding for schools serving military students.

Other special program events include City Councilman District 9 Representative Carroll Schubert presenting a proclamation from the City of San Antonio and Mayor Ed Garza. The school district is especially pleased to have Councilman Schubert participate in the 50th anniversary celebration as he has a special connection to the district — he is married to Fort Sam Houston Elementary School first grade teacher Patty Schubert.

Superintendent of Schools Dr. Anne Kiehle will serve as Mistress of Ceremonies and retired Fort Sam Houston superintendent Tom Moseley will give an historical overview of the district. Elementary school principal Jayne Hatton and Cole principal Dr. Roland Rios also plan to make presentations on behalf of their schools.

Following the program, Goldbeck Photographers will take a panoramic photograph of all Fort Sam Houston board members, administrators, teachers, staff members, and dignitaries who have been connected to Fort Sam Houston ISD over the years. A reception will be held at the Fort Sam Houston ISD Professional Development Center following the fiftieth celebration program.

Today the Fort Sam Houston Independent School District Board of Trustees will hold their regular monthly meeting at 11 a.m. During the Superintendent's Report, a "Celebrating 50 Years of Excellence" Power Point presentation will be provided. Additionally, a pictorial tribute to the Fort Sam Houston schools will be displayed throughout the Professional

Development Center, 1908 Winans Road, where the school board meetings are held.

Throughout the week, students and staff members have dressed in clothes from each of the past five decades. Everything from the 1950's poodle skirts, 1960's t-shirts decorated with peace signs, 1970's plaid pants and white shoes, and 1980's disco clothes have been spotted on the campuses.

Other anniversary events have included time capsule ceremonies held on both campuses, informal campus tours, a special assembly for elementary students highlighting the elementary school's 50 year history, and a 40th anniversary birthday cake celebration for Cole students.

On Monday, a formal dedication of the new Science Building located on the Robert G. Cole Jr./Sr. High School campus occurred with U.S. Congressman Ciro Rodriguez, who was instrumental in the district receiving funding for the new construction, as special guest and speaker.

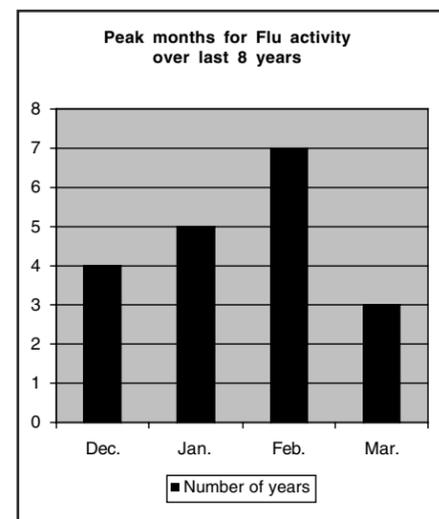
A Note to Fort Sam Houston Parents: There is a possibility that FSH school buses may run late in delivering students to their homes on Friday, Nov. 22 as a result of the 50th Anniversary Celebration. We appreciate your understanding.

Additionally, district and campus offices will be closed from 1 – 3 p.m. so that all staff members may participate in the event.

Updated BAMC Flu Shot Schedule



Brooke Army Medical Center will continue to conduct its Annual Influenza (Flu) program on the remaining dates, locations, and times. Since Flu Vaccinations last for 3 to 4



months after receiving them, it is recommended that you receive your immunization during the months of November and December. Please note who is eligible to receive the vaccine on the dates listed.

Dec. 2 thru 5 - Active duty personnel, family members over the age of 18, retirees, and DoD civilians at the BAMC Medical Mall next to the Urgent Care Clinic from 8 a.m. to noon.

Flu vaccinations last for 3 to 4 months. We recommend that you receive your immunization during the months of November or December.

The Garrison Commander presents the



2002

Fort Sam Houston Community
Holiday Concert



featuring the
323rd Army Band
and the
Texas Children's Choir

7:00 PM - 19 December 2002
Roadrunner Community Center
Stanley Road - Fort Sam Houston

**ALAMO FEDERAL EXECUTIVE BOARD
PRESENTS
FEDERAL EMPLOYEE NIGHT**



**November 27
7:30 PM**



2 Game Tickets

+



Coyote
Bobble Head

+



New Arena

=



Lots of Fun!

**BOBBLE HEAD SERIES PRESENTED BY
ALAMO FEDERAL EXECUTIVE BOARD.**

For only \$48 you will receive two \$25.50 tickets (sections 203-213)
and a **Coyote bobble head!**

Seats are assigned on a best available basis, no refunds or exchanges.
Deadline to order is November 20th. Orders received after November 20th - Pick up at Will Call
Invite all your coworkers, friends and families to join you!

ALAMO FEDERAL EXECUTIVE BOARD COYOTE BOBBLE HEAD PACKAGE

Name _____ Company Name _____
 Address _____ City _____ ST _____ Zip _____
 Day Phone _____ Evening Phone _____ Email _____

# of Packs	X	Ticket Package	=	Total	
		\$48 (two \$25.50 seats)	=		
		Total Enclosed	=	\$ _____	

o Check # _____ made payable to **San Antonio Spurs**
(include driver's license number on check)

o Credit Card (circle one) VISA MC AMEX
 Name on card _____
 Card # _____
 Expiration Date ____/____
 Signature _____

Fax order form to 210-824-3988 or mail to:
 San Antonio Spurs
 Group Sales
 7720 Jones-Maltsberger, Suite 109
 San Antonio, TX, 78216

For more information call 210-554-7832.
 Deadline to order is November 20th.

Local family childcare provider receives Military Home Accreditation

By Nancy Criss
Special to the News Leader

Dorita Babino's Family Child Care home was awarded the Military Child Care Home Accreditation by the Military Family Child Care Home Accreditation Agency on Nov. 15. U.S. Army Garrison Commander Col. Douglas A. Biggerstaff presented the award. Achievement of the MHA is evidence of the providers' commitment to a high quality program and standard of professional development. Babino is the first family childcare provider in the Fort Sam Houston FCC program to receive the MHA award.

In addition, Babino obtained the Child Development Associate credential. As a result of these two accomplishments, she has earned the title of MHA Star Provider. These outstanding achievements are a reflection of Babino's com-

mitment and dedication to providing quality service in this important installation program.

As a recipient of MHA Star Provider status, Babino is a shining example to family childcare providers everywhere of what the FCC program can and should be.

The President has designated the Military Child Care program to be "the benchmark for the Nation." It is in no small measure due to the efforts of individuals such as Babino that the FSH childcare programs have been accorded that honor.

Individuals interested in becoming a FCC provider may call 221-3828 or visit the FCC office located at 1630-A Sultan Road (behind the Youth Center).



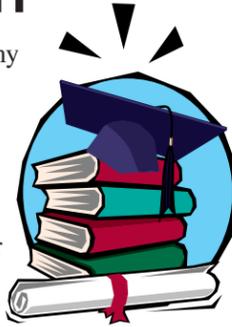
Photo by Marilyn Judge

U.S. Army Garrison Commander, Col. Douglas A. Biggerstaff, congratulates Dorita Babino, following her presentation of the Military Home Accreditation award. Babino also obtained the Child Development Associate credential and has earned the title of MHA Star Provider.

Park University now at FSH

Park University will be available for counseling at the Army Continuing Education Services Center the 1st and 3rd Wednesday of the month.

Park University offers Bachelor's degrees in Computer Science, Management/Computer Information Systems, Management/Accounting, Management/Marketing, Management/Finance and Social Psychology at Randolph Air Force Base. Financial aid is available and Tuition Assistance is accepted. For more information, call the Park Resident Center at 566-9595, or e-mail at rand@mail.park.edu.



Register for spring semester now at ACES

The Army Continuing Education Services Tuition Assistance DA Form 2171 is available immediately for the Spring Semester. Registration before the holidays is strongly recommended. There will be limited counseling from Dec. 23 to January 3, 2003.

New students must visit the education office and meet with a counselor for College Assessment/pre-testing. Students should have a degree plan from the

school of choice. Returning students should visit the education office and a counselor will issue the TA form. The TA must be signed by an approving official and returned to the education office for the ACES officer's signature. The TA is then submitted to the college or university the student has selected.

ACES is located at 2408 N. New Braunfels, Bldg. 2248. For more information, call (210) 221-1738.

U.S. Army Soldier Show seeks talented soldiers

By Ben Paniagua
Special to the News Leader

The United States Army Soldier Show is accepting applications from interested soldiers who want to participate in the 2003 Army Soldier Show. Talented soldiers who can sing, dance and/or play a musical instrument are needed.

Soldiers who wish to audition for this prestigious show must submit a VHS demo tape, records brief, commander's letter of release, entertainment resume, DA full length photo, their latest OER/NCOER, and a copy of the most recent Army Physical Fitness test. Candidates are selected not only based on their musical talents, but also in their ability to represent the Army in appearances, level of physical fitness, and military bearing.



After submitting packets, all qualified applicants are screened by a board consisting of industry professionals, Better Opportunity for Single Soldiers representatives, and military community leaders. The top candidates from world-

wide Army are then brought to Fort Belvoir, Va. for a one-week live audition process, and, from that group, the final cast is selected. The show tours the continental United States and overseas bases for approximately six months.

For more information and to conduct a local audition, please contact Ben Paniagua at 224-7250 after 1 p.m. daily except Mondays. Packets must be submitted to CFSC in Washington, D. C. by Dec. 31.

Soldiers bound for remote tours get POV storage

Hundreds of service members have begun taking advantage of the Military Traffic Management Command's new long-term privately owned vehicle storage program.

Available since May 1, the program offers a no-cost standardized storage option for service members who qualify.

"The program is designed for a service member who is assigned to a remote tour or an area where taking a vehicle is not an option," said Dennis Barborak, MTMC program manager. "One vehicle may be stored at no cost for the duration of the tour."

"We see a number of vehicles bound for storage," said Terri Mroz, center manager.

Assignments that preclude taking a privately owned vehicle, but allow POV storage, include: hardship tours to Korea without family members for a year or less; assignments to Japan for troops whose vehicles were made from 1976 to the present; assignments to Egypt for troops whose vehicles are older than four years.

"There is a service maintenance track to these vehicles," said Steve Douthit, operations manager. "The vehicles are covered and stored inside. Engines are started once a month. For each vehicle, we follow the manufacturer's recommendations for long-term storage."

There are several practical pointers for storing a vehicle, Douthit said. "The vehicle should have had a fresh oil change, be clean and mechanically safe," said Douthit.

Under the new program, vehicles may be turned in for storage at any of 39 processing centers operated by American Auto Logistics. Vehicles may be left at other sites outside of the Global Privately Owned Vehicle Contract including Yokohama, Japan; Keflavik, Iceland; Guantanamo Bay, Cuba, and American embassies and consulates.

The locations and phone numbers for the centers are on the MTMC Web site at www.mtmc.army.mil. When a tour is completed, a service member may arrange for a vehicle return through any of these sites, officials said.

"Customer service is number one," Mroz said. "We take this responsibility very seriously."

On average, MTMC is responsible for the movement of 75,000 personally owned vehicles every year. Since, 1998, the movement of the vehicles has been the responsibility of American Auto Logistics..

Operation Uplink helps troops phone home

By Staff Sgt. Marcia Triggs
Army News Service

Troops stationed overseas will be provided free phone cards during the holiday season thanks to a partnership between Veterans of Foreign Wars and three multi-million dollar corporations.

Wal-Mart has promised to furnish all military personnel serving overseas with a 60-minute AT&T phone card between Thanksgiving and Christmas, said Mike Meyer, the administrator of corporate development for VFW Foundations. Each phone card will be enclosed inside a Hallmark greeting card and transported free of charge by Federal Express, Meyer added.

Through Operation Uplink, the phone-card project that began three years ago, 500,000 cards will be

delivered this holiday season, Meyer said.

"Since the inception of Operation Uplink, one million cards have reached military personnel worldwide and hospitalized veterans," Meyer said.

"We want to show our men and women in uniform that we support them," Meyer said. "So Operation Uplink is to boost morale and relieve the burden that expensive phone calls can cause."

This year the VFW is receiving support from corporate sponsors, but in the past, funding has come from VFW Foundation membership dues and donations raised by its ladies auxiliary, Meyer said.

Those interested in contributing to the fund, or who would like to request phone cards, can go to <http://www.vfw.org/>.

Holidays can be hazardous to your pets

By Capt. Amy L. Sanders and
Maj. Todd M. Thomas
Special to the News Leader

As the holiday season approaches, it's time to think about safety... animal safety. Many things we enjoy during Thanksgiving and Christmas can be hazardous for our pets. This article will address these threats and ways to prevent them.

-Food

First and foremost on the list is food. We enjoy lots of rich, fatty foods, but our pets don't need these things. Your veterinary treatment facility staff realizes that most pet owners think their pets enjoy the taste of many of these foods, but these items are still potentially harmful. Feeding things like ham, turkey and sweets are common causes of gastrointestinal upsets, vomiting, diarrhea, and even pancreatitis, which can be very serious. Even the juices from cooking these foods can have enough fat to cause problems. Food with bone fragments is even more dangerous. Eating chocolate causes a completely different type of problem. All forms of chocolate contain enough caffeine and other similar compounds to cause hyper-excitement, seizures and ultimately death. Of the different types of chocolate available, baker's chocolate, which is frequently used for holiday baking, is the most toxic.

In general, pets are much healthier when they have a consistent diet limited to pet food. It is also important to keep

holiday treats and candies out of your pet's reach. Consider what you've placed on your coffee table and how accessible it is to your dog or cat. Additionally, remember gifts under your tree that may be food items and may be very tempting to curious pets.

-Plants

A similar way animals are exposed to seasonal danger is from plants. Some holiday ornamental plants can cause illness in your pet if it eats either the leaves or the stems. Poinsettias and mistletoe are two highly poisonous plants. Pine sap from a Christmas tree mixed with water makes a poisonous drink for your pet. Also, many of the artificial fragrances may be potentially irritating or harmful, especially for birds.

-Holiday decorations

Another common problem comes from the ribbons and strings associated with wrapping presents. The wrappers for some meat items are also in this group. Animals will see these items as toys and start to chew on them. Eventually they may swallow the string or wrapper and begin to become sick and start to vomit; many times this is because an intestinal obstruction has occurred. This can be life-threatening situation that may need emergency surgery to remove the foreign material. Keeping these types of items away from pets is a simple way to protect them. Pick up ornament hooks and ornaments that may have fallen on the floor. If a pet picks these up, injuries the insides of its mouth can occur, and even

more damage can be done if your pet ingests an object. Additionally, if your cat is tempted to play with the ornaments on your tree, decorate the bottom third of the tree with non-breakable, plastic or wooden ornaments, or decorate only the top two-thirds of your tree. You may feel your tree looks funny, but at least you won't be spending the holidays at an emergency veterinary clinic.

-Holiday lights

Animals are also attracted to Christmas lights, and will chew or pull on the cords. Electrocution or burns to the face and mouth can result when a pet bites an electric cord. Lights need to be hung out of reach of pets, and animals should not be left unattended around strands of lights, Christmas trees, or other shiny attractive objects. This is not only a danger to the pet, but to the family as well if the electric cords become frayed or the Christmas tree falls. On that same note, secure your Christmas tree to a wall or ceiling hook with sturdy fishing line.

This will help prevent the tree from toppling over should your pet decide to jump on it to get to a tempting ornament, or should a large, wagging tail hit it.

-Maintain routine

As you're shopping, visiting friends and relatives, and preparing for visitors to your home, be sure to keep your pet's exercise and feeding schedule regulated. Remember the importance of daily walks for your dog and playtime for your cat, cleaning the litter box, as well as grooming your pet.

Carelessness or lack of concern could ruin the holiday season by resulting in serious illness, injury or death. Remember that our pets can't protect themselves by deciding what is safe and what isn't. As owners, we must be aware of these risks in order to prevent mishaps. For more information or if your pet experiences any of these problems, call the Fort Sam Houston Veterinary Treatment Facility at 295-4260.

Be aware of FSH stray animal policy

In accordance with Fort Sam Houston Regulation 40-3, stray animals are not allowed to run loose on post. Animals impounded by the military police are taken directly to San Antonio Animal Control, located at 210 Tuleta Street near Brackenridge Park and the San Antonio Zoo.

To find a lost animal, you may contact San Antonio Animal Control at 207-6660. Animals not claimed within three working days will be disposed of through adoption or euthanasia.



Army Community Service Family Advocacy Program November Class Schedule

Class	Date	Time
Building Effective Anger Management Skills (BEAMS)	27	11 a.m. - 12:30 p.m.
Common Sense Parenting	4, 11 Dec	11 a.m. - 12:30 p.m.
Divorce Care	27	11 a.m. - 12:30 p.m.
	4, 11 Dec	
Duffel Bags for Babies Nurturing Program	26	11:30 a.m. - 12:30 p.m.
Playgroup	3, 10 Dec	
Pregnancy and Childbirth	27	8 a.m. - Noon
Single Parent Support Group	26	1 p.m. - 2 p.m.
Teen Talk	26	9 - 11 a.m.
Women Encouraging Women	21	9 a.m. - Noon
	21	Noon - 1 p.m.
	21	4:30 - 5:30 p.m.
	21	11 a.m. - Noon

Bring a brown bag lunch to classes scheduled during the hours of 11 a.m.-1 p.m. To sign up for classes or for more information, call ACS Family Advocacy Program at 221-2334/9826.

Health Promotion Center November Class Schedule

Class	Date	Time
Self Care & Health	21	9 - 11 a.m.
Tobacco Relapse Intervention Program (TRIP)	21	11 a.m. - Noon
Breast Health	22	11 a.m. - Noon
Diabetes Education	26	12:45 - 4:30 p.m.
Office Yoga	27	12 - 1 p.m.

Schedule Diabetes Education through Internal Medicine Clinic, 916-0840 (even if you are in TRICARE Prime), select Option 2. Appointments for the Fibromyalgia Self-Help series requires a consult to the Behavioral Medicine Clinic. Schedule Weight Management through the Nutrition Care Division at 916-5525.

Toys for Tots Joint Task Force



The Toys for Tots Joint Task Force, consisting of the USMC and the USAF are sponsoring Toys for Tots in the San Antonio area. The toy collection campaign began in November and will last until December 22. We need your help collecting toys for the underprivileged children in the local area. We are asking members of the military community to drop off new, unwrapped toys in collection boxes positioned at BX/PXs and Commissaries at Randolph AFB, Brooks AFB, Lackland AFB, and Fort Sam Houston.

Coordinators pick up these toys and store them in a central warehouse where the toys are sorted by age and gender. From November through Christmas, Helping Hands Life Line with the assistance of local social welfare agencies, church groups, and other local community agencies, distribute toys to the disadvantaged children of the San Antonio community. If you have a large donation to give please e-mail Capt. Jay Cryderman at jay.Cryderman@randolph.af.mil.

Give the gift of life, donate blood now

The Akeroyd Blood Donor Center is Fort Sam Houston's community blood donor center. Blood collected at this facility services patients being treated at Brooke Army Medical Center. In addition to servicing BAMC, we also ship blood overseas to support "Our Troops" in theater. Let's make sure that everyone who needs blood has it available. All Active duty, Reserve, family members and DoD Federal employees are encouraged to participate.

Please donate today!!

Walk-in Hours: 8 a.m. - Noon
Appointments: Noon - 2:30 p.m.

Platelet Apheresis by Appointment only

For More information please call:
(210) 295-4655/4989



Holiday Ball
A Season of Celebration and Thanks
FORT SAM HOUSTON NCO CLUB
1800 Friday, 6 December 2002

Ticket Sales thru 2 Dec

\$20 per Person includes:

- ★ Entertainment
- ★ Dancing to D.J. Music
- ★ Door Prizes
- ★ Photographer Available (\$15 and up)

*** MILITARY DRESS UNIFORM IS ENCOURAGED**
*** FORMAL EVENING WEAR OPTIONAL**

Tough 'Ombre 10K/5K

Run "Bide to the sound of the guns"

Date: December 14, 2002

Time: 9:00 a.m.

Pre-register by December 11, 2002

Entry fees:

- \$15 for 10K—\$20 on race-day
- \$10 for 5K Run/Walk \$15 on race-day
- \$50 for four-person 10-K teams

The Tough 'Ombre 10K is the oldest certified running race in Texas. The course is certified by USA Track and Field. The race starts at McAllister Park (13102 Jones-Maltsberger) in San Antonio.

Proceeds will be used to defray the cost of the Army Reserve Ambassadors to participate in the San Antonio Fiesta 2003.

For more information or to register call:
Lynda at 210-221-4166

Prizes

- The first 200 registrants receive a T-shirt.
- Trophy/medal to top three finishers in the following categories: Age 15 and under, men's, women's, men's masters, women's masters, and teams. Team scores will be the average time of all four runners.

Sponsored by:

RUNNER'S WORLD

Mail form and entry fee to:

90th RSG
 Attn: Tough 'Ombre 10K/5K
 1920 Harry Wurzbach Hwy.
 San Antonio, TX 78209
 Phone: 210-221-4166

Or register on-line at www.active.com

Waiver: In consideration of acceptance of this entry, I (for myself, my child) my executors, administrators, and assignees, do hereby agree to assume full responsibility for my own safety and to save and hold harmless the sponsors, promoters, directors, and all other persons or entities associated with this event, I attest and verify that I have full knowledge of the risk involved in this event and verify that I am physically fit and sufficiently trained to participate in the event. I further understand that my entry fee is non-refundable.

Name _____

Address _____

Phone _____

T-shirt Size: S M L XL

Sex 10K 5K

Age on race day _____

Signature _____ Date _____

Signature of parent or guardian if under 18 years of age _____ Date _____

McAllister

Thanksgiving Weekend Post facilities hours of operation:

Activity	Nov. 28	Nov. 29	Nov. 30	Dec. 1
Post Library	Closed	11 a.m.-8 p.m.	11 a.m.-8 p.m.	11 a.m.-8 p.m.
Equip Center	Closed	8 a.m.-5 p.m.	Closed	Closed
Jimmy Brought				
Fitness Center	Closed	9 a.m.-5:30 p.m.	9 a.m.-5:30 p.m.	9 a.m.-5:30 p.m.
Auto Shop	Closed	1-9 p.m.	9 a.m.-5 p.m.	9 a.m.-5 p.m.
Stables	Closed	7 a.m.-6 p.m.	7 a.m.-5 p.m.	7 a.m.-5 p.m.
Camp Bullis	Closed	4-8 p.m.	4-8 p.m.	4-8 p.m.
Canyon Lake				
Recreation Area	8:30-1:30 p.m.	8 a.m.-4:30 p.m.	8 a.m.-6 p.m.	8 a.m.-6 p.m.
The Hacienda	11 a.m.-10 p.m.	11 a.m.-10 p.m.	11 a.m.-10 p.m.	11 a.m.-9 p.m.
RV Park	Closed	9 a.m.-4 p.m.	10 a.m.-5:30 p.m.	10 a.m.-5:30 p.m.
Officer's Club	Open	Closed		
JR's Bar & Grill	Closed	Closed		
NCO Club	Closed	Closed		
Golf Club	Closed			
Harlequin Dinner				
Theatre	Closed			
Walters Convenience				
Store	9 a.m.-5 p.m.			
Main Exchange -				
Big 21 Hour Sale	Opens at midnight			
Bowling Center	Closed	Closed	Open at 1 p.m.	
Lodging Branch, Will be minimally staffed during the holiday season.				



November/December Briefings & Booths Schedule

TRICARE is the Military Health Care System that covers Active Duty and family members, retirees and family members under age 65 and retirees and family members age 65 and older.

Information will be available at the following facilities to discuss the health care options for TRICARE beneficiaries by age groups:

Brooke Army Medical Center Auditorium, 4th floor, Fort Sam Houston

Dec. 5, from 5 p.m. to 7 p.m. (Briefing for those turning age 65, and older, a TRICARE For Life Briefing)

Enrollment in TRICARE Prime (under age 65) is available with BAMC, Brooks Air Force Base Clinic, Randolph Air Force Base Clinic, Wilford Hall Medical Center and Kelly Family Medicine Clinic, and with Network Civilian Primary Care Providers. For additional information call 1-800-406-2832 or visit our Web site at www.hnfs.net.

Advent/Christmas Workshop at Dodd Field Chapel



Join us for a fun family experience on Nov. 30 at Dodd Field Chapel, Bldg. B-1721 between 9:30 a.m. and 2 p.m. We will have free greens for Advent, door wreaths, and a variety of Christmas ornament/gift items for all age groups. Childcare will be available for infants and young children. For information call 221-5428.

Post worship schedule

Protestant

Sunday:

- 8 a.m. Service, AMEDD Regimental Chapel, Bldg. 1398
- 9 a.m. Traditional Service, Installation Chaplain's Office, Bldg. 2530
- 9:15 a.m. Troop Service, Evans Auditorium, Bldg. 1396
- 10 a.m. Service, BAMC Chapel
- 10:45 a.m. Gospel Service, Dodd Field Chapel, Bldg. 1721
- 11 a.m. Service, AMEDD Regimental Chapel
- 11:15 a.m. Gospel Service, Evans Auditorium

Wednesday:

- 9:30 to 11:30 a.m. PWOC meeting, Dodd Field Chapel (Childcare is provided for those who attend PWOC meeting).
- 12 p.m. Bible Study, Dodd Field Chapel
- 12 p.m. Service, BAMC Chapel

Catholic

Saturday:

- 5:30 p.m. Mass, AMEDD Regimental Chapel

Sunday:

- 8:30 a.m. Mass, BAMC Chapel
- 9:15 a.m. Mass, Dodd Field Chapel
- 9:15 a.m. Mass, AMEDD Regimental Chapel
- 11:15 a.m. Mass, BAMC Chapel
- *12:45 p.m. Mass, Dodd Field Chapel
- *Bilingual Mass on 1st Sunday of the month (For information call 590-6593).

Weekdays:

- 11 a.m. Mass, BAMC Chapel
- 11:30 a.m. Mass, AMEDD Regimental Chapel
- 1st Friday: 9 a.m. Mass Catholic Women, Dodd Field Chapel

Jewish

Friday:

- 8 p.m. Service, Dodd Field Chapel
- 8:30 p.m. Oneg Shabbat, Dodd Field Chapel (For information call 379-8666 or 493-6660)

Mormon

- Sunday: 10:30 a.m. Bldg. 1350, Room 1, Koehler Road, across from Evans Auditorium
- Tuesday: 7 p.m. LDS Studies, AMEDD Regimental Chapel

Muslim

- Sunday: 10:30 a.m. Religious Education, Bldg. 607A, Infantry Post
 - Friday: 1:30 to 2:30 p.m. Prayer Service, Bldg. 607A, Infantry Post
 - Thursday: 8 p.m. Adult Religious Education, Bldg. 607A, Infantry Post
- Note: The Post Gift Chapel is closed for renovations indefinitely.

Bible studies schedule

- 187th MED BN Bible Study on Wednesday at 7 p.m. in Bldg. 2791 Basement Bible Study on Thursday at 11:30 a.m. at the AMEDD Regimental Chapel, Bldg.

Chaplain Administrative Offices are located at Dodd Field Chapel, Bldg. 1721, phone number 221-5432. Garrison staff duty officer, (after duty) 221-2810.



Thrift Shop holiday hours

The Thrift Shop will be closed on Nov. 27 and 28 so that volunteers, employees and customers may enjoy the Thanksgiving holiday. The Thrift Shop will reopen for sales on Dec. 4. The next Saturday opening will be Dec. 14.

The Big Sale with "New" additional merchandise continues in the Budget Shop where all clothing is priced at \$1 or less. The main store is also well stocked with consigned merchandise and a large selection of Christmas items. Thrift Shop hours remain Wednesday, Thursday and the second Saturday from 9 a.m. to 2 p.m. For your Christmas shopping visit the Thrift Shop and find the best bargains.

Fort Sam Houston 3rd annual Pow Wow honors Veterans

Story and photos by Edward Rivera
Fort Sam Houston Public Affairs

In a parade of bright colors, beautiful feathers and an overwhelming spirit of pride, Native Americans representing many Indian Nations along with veterans made their grand entry into the W. Ed Parker Youth Center Nov. 16. The "Grand Entry" marked the start of the Fort Sam Houston 3rd Annual Pow Wow, honoring veterans.

The event began at 11 a.m. with Gourd Dancing, which is not a "Pow Wow-style" of dance. Several groups especially in Oklahoma hold gourd dances regularly. Today the dance is being done at Pow Wows before, after and between intertribal dancing. Gourd dancers shake a gourd rattle to the beat of the drum. The Kiowa tribe resurrected the dance. Several tribes historically held gourd dances including the Ponca, Kiowa, Comanche and Cheyenne. Today there are several Gourd Dance societies or groups.

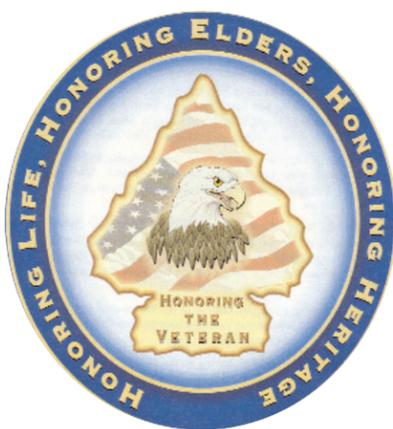
Following the Gourd Dance, the Grand Entry was made. There are many stories about the Grand Entry, but nowadays the parade of dancers, known as the Grand Entry, opens each Pow Wow session. An Eagle staff precedes the dancers, which is the flag of the Native

American people. The color guard and the veterans who are recognized as modern day warriors then follow the Eagle staff. The parade of dancers then follows the colors and veterans into the circle.

Once all have entered the circle, with the beat of the Host Southern Drum from Bull Creek, an invocation is given to thank the Creator. A flag song to profess unity, a memorial song to remember those who have passed and a victory song to thank the veterans and celebrate this country's freedoms followed the invocation.

The Grand Entry was followed by introduction of staff and honored veterans, Chief Adrian Stimson, Sr., Siksika Nation and Sammy "Tone-Kei" White, Kiowa Nation. Stimson is a former Canadian Air Force lieutenant and currently a Justice of the Peace for Alberta Province. White is a former U.S. Marine and has emceed Pow Wows at major gatherings for the past 30 years, he also writes for several Indian newspapers.

The Pow Wow continued with intertribal dancing and exhibition program, followed by more intertribal dancing. After an hour intermission the second half of the Pow Wow commenced with a repeat of the Gourd Dancing, Grand Entry, intertribal and exhibition dancing.



Top, Harley Tallchief, Cree from Seneca, N.Y. a Northern traditional dancer circles the drum during the grand entry at the W. Ed Parker Youth Center during the 3rd Annual Pow Wow honoring the Veterans hosted by the Fort Sam Houston Native American Heritage Committee Nov. 16.

Middle, Virgie Ravenhawk, a retired master sergeant plays Native American Indian flute music for Pow Wow visitors.

Bottom, left, Loren Tate Gonzales, Jr. and C.J. Stewart from the American Indians of Texas make fried bread, a Native American Indian food for all to taste a bit of the Native American culture.





Clockwise, Ryne R. Luna, grass dancer, Apache Nation, dances during the intertribal dance portion of the Pow Wow. World War II veteran Juan Pena, Sr. and Korean Veteran Richard Luna, Apache Nation, wear Gourd blankets which symbolize their roles as warriors during the Grand Entry. Robert Soto, Lipan Apache plays the drum as he leads the singing of the memorial song. Honored veterans left, Chief Adrian Stimson, Siksika Nation and Sammy "Tone-Kei" White, Kiowa Nation, lead the Grand Entry carrying Eagle staffs, the Native American flag.

Military Commissaries are ready to 'talk turkey'

By Rick Brink
Special to the News Leader

Commissary shoppers around the world might as well plan now to loosen their belts because there's plenty of food - like 8 million pounds of turkey - ready to be bought for Thanksgiving.

Commissary management specialists here project 6 million pounds of frozen whole turkeys and 800,000 pounds of fresh whole turkeys will be sold in commissaries this year. Add to that 850,000 pounds of frozen turkey breast meat and 130,000 pounds of fresh turkey breast meat and the total reaches nearly 8 million pounds, all sold at great prices in DeCA's 275 stores.

"Nothing says Thanksgiving like turkey, and every year during this American holiday we take special pride in providing what we like to call 'A Taste

of Home' to our military service members around the world," said Bob Vitikacs, DeCA's director of operations and product support.

Sharing with others is a big part of Thanksgiving and DeCA's new gift certificate program makes it possible for service members to easily receive a gift of groceries. The certificates, available through DeCA's Web site, <<http://www.commissaries.com>>, or through a 1-800 phone number, are portable and make it possible for friends and family members to send "the gift of groceries" to loved ones wherever they may serve.

Authorized shoppers can then redeem the certificates at any commissary worldwide. As the traditional rush to stock up for the holidays begins this month, those

who like to bake stock up on flour, sugar, baking soda, spices and other cook-from-scratch ingredients while those who like to bake more quickly stock up on ready-made frozen desserts and pop-in-the-oven refrigerated crescent rolls and cookie dough.

For those who'd prefer beef, pork, lamb and veal for the holidays, the commissary is the perfect place to shop because of the "Meat Made Easy" program. Meats sold in the commissary are merchandised by cooking method with signs, labels and even recipes. The program helps inexperienced as well as experienced cooks discover new ways to prepare that special rib roast, sirloin roast, beef tenderloin roast, crown roast

of pork or leg of lamb.

Those who buy turkey will find cooking instructions on the packaging, and there are many Web sites that offer recipes and hints on how to prepare a crowd-pleasing turkey.

Here are a few tips:

- How much turkey? Buy about a pound per dinner guest and you'll have enough for seconds and leftovers.
- How do you defrost a frozen turkey? Always thaw turkey in the refrigerator, never at room temperature. Allow 24-hours for every five pounds. That means a 13-pound turkey will take nearly three days so plan your purchase accordingly and make room in your refrigerator.
- How do you carve a cooked turkey? Let it stand at least 20 minutes before carving to allow the juices to retract back into the meat. It will not cool off during this standing time.



Caution: Turkey fryers can pose serious fire hazards

A longtime food favorite in the southern United States, the delicious deep-fried turkey has quickly grown in popularity thanks to celebrity chefs such as Martha Stewart and Emeril Lagasse. While some people rave about this tasty creation, Underwriters Laboratories Inc.'s (UL) safety experts are concerned that backyard chefs may be sacrificing safety for good taste.

"We're worried by the increasing reports of fires related with turkey fryer use," says John Drenenberg, UL consumer affairs manager. "Based on our test findings, the fryers used to produce those great-tasting birds are not worth the risks. And, as a result of these tests, UL

has decided not to certify any turkey fryers with our trusted UL Mark."

Here's why using a deep-fryer can be dangerous:

- Many units easily tip over, spilling the five gallons of hot oil within the cooking pot.
- If the cooking pot is overfilled with oil, the oil may spill out of the unit when the turkey is placed into the cooking pot. Oil may hit the burner/flames causing a fire to engulf the entire unit.
- Partially frozen turkeys placed into the fryer can cause a spillover effect. This too, may result in an extensive fire.
- With no thermostat controls, the units also have the potential to overheat

the oil to the point of combustion.

- The sides of the cooking pot, lid and pot handles get dangerously hot, posing severe burn hazards.

If you absolutely must use a turkey fryer, here are some tips for safer use:

- Turkey fryers should always be used outdoors a safe distance from buildings and any other material that can burn.
- Never use turkey fryers on wooden decks or in garages.
- Make sure the fryers are used on a flat surface to reduce accidental tipping.
- Never leave the fryer unattended. Most units do not have thermostat controls. If you don't watch the fryer carefully, the oil will continue to heat until it catches fire.
- Never let children or pets near the fryer when in use. Even after use, never allow children or pets near the turkey fryer. The oil inside the cooking pot can remain dangerously hot, hours after use.
- To avoid oil spillover, do not overfill the fryer.
- Use well-insulated potholders or oven mitts when touching pot or lid han-

dles. If possible, wear safety goggles to protect your eyes from oil splatter.

- Make sure the turkey is completely thawed and be careful with marinades. Oil and water don't mix, and water causes oil to spill over, causing a fire or even an explosion hazard.

- The National Turkey Federation recommends refrigerator thawing and to allow approximately 24 hours for every five pounds of bird thawed in the refrigerator.

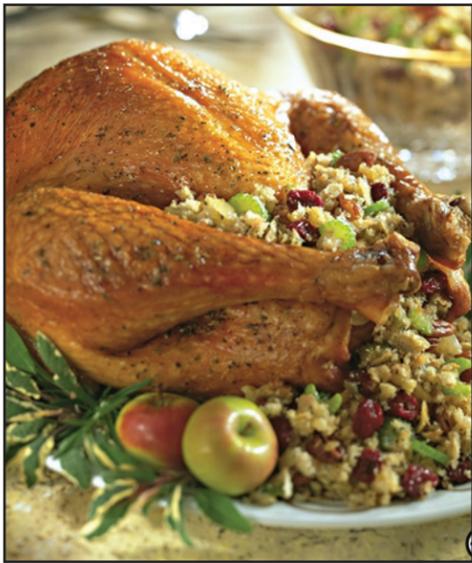
- Keep an all-purpose fire extinguisher nearby. Never use water to extinguish a grease fire. Remember to use your best judgement when attempting to fight a fire. If the fire is manageable, use an all-purpose fire extinguisher. If the fire increases, immediately call 9-1-1 for help.

- Even after use, never allow children or pets near the turkey fryer. The oil inside the cooking pots remains dangerously hot, hours after use.

Source: Underwriters Laboratories, Inc.

Holiday hints: Food for thought

At just about any holiday celebration, food is the main ingredient of a delightful gathering. Sure, there are the old favorites-the Easter ham, corned beef and cabbage for St. Patrick's Day, etc.-but when you've got people coming to share in the festivities, why not put together a complete holiday feast?



beyond.

For example, Celebrate! offers numerous suggestions for a succulent Thanksgiving feast, including Herb-Butter-Roasted Turkey, Pear Pecan Stuffing and Glazed Carrots with Pistachios. For Christmas, there's a variety of menus-for a tree decorating party, an after-caroling

soup supper and a traditional dinner for 12, to name just a few.

All of the content on Celebrate! was created and compiled by the writers and editors of Better Homes and Gardens, and carries the mark of quality associated with that 80-year-old publication.

To learn more, visit the Web site at www.bhg.com and click on "Holidays."

Source: North American Precip Syndicate, Inc.

Creating such an extravaganza is a lot easier than you may think, especially when you've got the support of a leading home and family magazine and, what's more, an online holiday preparation tool.

Now available on the Better Homes and Gardens Web site bhg.com, Celebrate! is a section that offers time-saving tips, secrets, recipes and more to help you plan the perfect holiday affair-from Halloween until New Year's-and

USO to serve free Thanksgiving dinner

The USO of San Antonio and Central Texas invites all active duty, National Guard and Reserve military personnel and their families to their annual free USO Thanksgiving dinner Nov. 28

beginning at 1:30 p.m. The USO is located at 420 East Commerce Street in San Antonio and will be open from 11 a.m. to 6 p.m. For more information call (210) 227-9373.



Thanksgiving Day meal at Post dining facilities

The sharing of Thanksgiving Day meal with family members and guests in a military dining facility is a long-standing Army tradition. All active duty officers and enlisted personnel (all ranks) may purchase a Thanksgiving Day meal for \$5.25. Spouse and authorized dependents of E-5 and above may purchase a meal for \$5.25. Spouses and authorized dependent family members of E-4 and below may purchase a meal for \$4.55. Guests of military members and retirees pay \$5.25.

A traditional turkey dinner will be served at the midday meal, which will include shrimp cocktail, assorted salads, turkey, ham, beef, pumpkin, mincemeat, and assorted fruit pies, eggnog, and much more. The Garrison dining facilities on Fort Sam Houston, and Camp Bullis will have special Thanksgiving Day hours as noted below:

FSH Dining Facility No. 1, Bldg. 2789

Breakfast 7:30 - 9:30 a.m.
Lunch Noon - 1 p.m.
Dinner 5 - 6:30 p.m.

FSH Dining Facility No. 2, Bldg. 1377

Breakfast 7:30 - 9:30 a.m.
Lunch Noon - 2 p.m.
Dinner 5:30 - 7:30 p.m.

Camp Bullis *Dining Facility No. 4, Bldg. 5105

Breakfast 5:30 - 7 a.m.
Lunch 11:30 a.m. - 1 p.m.
Dinner 4:30 - 6 p.m.

*Note: Thanksgiving Day meal will be observed on Wednesday, Nov. 27. This dining facility will be closed on Thursday, Nov. 28 and will re-open on Nov. 29, for the breakfast meal.

For more information call Thomas D. Lara at 221-5929.



FSH Rangerettes win MEDCOM softball championship

By Marion Hicks
Special to the News Leader

Recently the Fort Sam Houston Rangerettes defeated the defending MEDCOM champions from Walter Reed Army Medical Center. Although they were missing five key players, they managed to win the tournament by playing error free softball.

The tournament format called for a round robin, followed by a double elimination tournament to determine the champion. At the end of the round robin, the Rangerettes were seeded 2nd behind Walter Reed.

Fort Sam defeated Fort Knox in the first game, but lost its second game to WRAMC by a score of 12-9. WRAMC scored nine unearned runs in the first inning. After loosing to WRAMC, the Rangerettes beat Fort Bragg in the third game. Walter Reed finished the round robin in first place while the Rangerettes took second place and Fort Bragg and Fort Knox finished third and fourth, respectively.

In the first game of the double elimination bracket FSH beat Fort Bragg 13-9.

Immediately following that game FSH played the defending champions, WRAMC. Tired and hot, the Rangerettes rose to the challenge. WRAMC came out like true champs leading the game until the fifth inning. The Rangerettes, realizing that the championship was slipping away, buckled down and played outstanding ball winning with a close 9-8 victory.

This victory over WRAMC put the FSH Rangerettes in the driver's seat with no defeats. As the Army Surgeon General Lt. Gen. James B. Peake, and other guests watched, the Rangerettes strong-armed their way to a 15-7 victory over WRAMC to win the championship game.

The outstanding defensive player was Melanie Darrington of Fort Sam Houston. Shirley Wickery, Colette Weary and Jackee Schmidt were also voted to the all tournament team. Kimberly Sinclair was voted MVP of the tournament for Fort Sam Houston.

Coaches and players are need for Softball teams. These teams play various other installations and compete in the MEDCOM Championships each year.



Courtesy Photo

Congratulations to the FSH Rangerettes MEDCOM softball champions (not in order) Colette Weary, Ervin Vinicky, 232nd Medical Battalion; Trisher Gallaway, Institute of Surgical Research; Kimberly Sinclair, Jennifer Blankshein, Annette Harvey, Jackee Schmidt, Neirasha Tucker, Edith Coney all from BAMC; Christina Valentine, MEDCOM; Anita Mays, Shirley Wickery, AMEDDC&S. Coaching staff included: Mel Darrington, Marion Hicks, Charles Kennedy.

232nd Medical Battalion wins flag football tournament

By Margaret McKenzie
Special to the News Leader

The team from Brooke Army Medical Center fought their way back from the losers' bracket to play for the Flag Football Championship on Nov. 14.

In the first game of the night, BAMC played 591st Med. Log. advancing to the championship game against 232nd Medical Battalion. The first half of the game was close with a score of 19 to 7. In the second half BAMC poured it on,

scoring 19 additional points as 591st Med. Log. ran out of steam. The final score was 38 to 7.

BAMC advanced to play 232nd Med. Bn. for the championship knowing that they would have to beat them twice. In the first game, BAMC jumped out to a 12 to 7 lead at the half. Part way through the second half, 232nd Med. Bn. took the lead 13 to 12 with time running out and BAMC's hopes fading, but with about 90 seconds left in the game they got the ball back with a slim chance to win. They

scored taking the lead 18 to 13, but there was enough time left on the clock for 232nd Med. Bn. to have a chance of winning the game. BAMC played strong defense and held on to the lead and won the game, thus forcing the second game.

In the second game both teams battled back and forth with 232nd Med. Bn. taking a 13 to 7 lead at half time. With about three minutes into the second half of the game BAMC scored to take the lead 14 to 13, but minutes later 232nd Med. Bn. scored to take the lead 19 to

14. Once they had the lead, 232nd Med. Bn. pressured the quarterback forcing numerous interceptions, which lead to two more touchdowns for 232nd Med. Bn. leading with a final score of 31 to 14. As the old saying goes, they ran out of gas having to play three games, but both teams played hard and fought hard.

Next up for the 232nd Med. Bn. will be challenging the Center Brigade on Wednesday, 7 p.m. at the Hacienda Field.

NCO Academy wins fall softball tournament

By Margaret McKenzie
Special to the News Leader

NCO Academy wins the Fall Softball League Tournament with three straight wins averaging 19 runs per game. In the championship game between DFAS and NCO Academy held Nov. 12, DFAS

jumped out to a quick start, but NCO Academy chipped away eventually taking the lead in the 5th inning by a score of 13 to 9. In the 6th inning NCO Academy increased their lead to 15 to 9. In the top half of the 7th inning DFAS scored 3 runs, but it was not enough and NCO Academy won 15 to 12.

Certified teachers can earn a Masters degree

St. Mary's University will offer graduate courses starting January 13, 2003 at Fort Sam Houston and on campus that will allow students to be teacher certified in Texas with 18 hours of graduate work and pursue Master of Arts in Education or Educational Leadership at the same time. Special tuition grants of \$678 per three-semester-hour courses are available for active duty military, retired military, and DoD employees. For program information and dates of orientation sessions, contact the St. Mary's University Education Department at (210) 436-3121 or contact the FSH representative, Jeff Thomas at 226-3360, FSH Learning Center.

Recreation and Fitness

Women's Varsity Basketball- Team players are needed for the women's basketball team. If you are interested in playing, call Earl Young at 221-1180 or e-mail earl.young@amedd.army.mil.

Aerobics Classes - Join aerobics at the Jimmy Brought Fitness Center. Yoga/Pilates are offered every Tuesday and Thursday at 5 p.m. Free early morning Cardio Kick-boxing classes on Mondays and Wednesdays from 6:15 to 7 a.m. Sunday morning class in Cardio Step 10 to 11:30 a.m. Patrons interested in attending a lunch time class on Tuesday from 11:30 a.m. to 12:15 p.m. are encourage to call Lucian at 221-2020.

Run/Walk for your Life program - Get in shape and stay in shape with this self-paced, progressive distance running program. The three phase program includes the run/walk for your life program designed to improve the physical fitness and general health of participants. Call 221-2020 for more information.

60 Days of Fitness - A motivating fitness and nutritional program that helps

you lose 15 pounds in 60 days safely using a point system and self-pace program. Workout 45 out of sixty days and receive a seven page fitness assessment which includes body fat analysis, body measurements and attend two 30 minute nutrition class presented by certified dieticians. Call 221-2020/1234 for more information.

Canyon Lake Recreation Area is Open - Canyon Lake activities have resumed. Beach and Marine operations are back to normal. For reservations and information call (830) 964-3387.

Intramural Bowling - Letter of intent is due on Dec. 9. Coaches meeting will be held January 10, 2003 at the Bowling Center and season starts January 6, 2003. For more information, call Earl Young at 221-1180 or e-mail earl.young@amedd.army.mil.

The 3rd Annual U.S. Army All-American Bowl will be held at the Alamodome January 5, 2003 at 8 a.m. Tickets are now on sale at the Jimmy Brought Fitness Center.

Lights on at FSH Golf Club Driving Range - The Fort Sam Houston Golf Club has installed a state of the arts light-

ing system that will allow patrons to hone up on their golf game well past normal daylight hours. The new lighting system will be in place and operational on Nov. 18, and the Driving Range will now be open until 9 p.m., seven days a week during Fall and winter. We anticipate summer hours to be extended until 11:30 p.m.

In addition to our state of the arts lighting system, the Club has procured two new Ball Dispensing Machines that accept dollar bills and dispense new Wilson Driving Range golf balls. The cost for a small bucket of balls is still only \$2.

Golfers are invited to come out and hit some ball any evening, weather permitting, and beat those "Winter Blues," as well as improve your golf game.

Nov. 23 Free 5K Fun Run/Walk- Begins at 10:15 a.m. in front of the Brought Fitness Center, a free T-shirt will be provided to all participants. To sign up for the next 5K Fun Run/Walk, call the Jimmy Brought Fitness Center at 221-2020.



Intramural Basketball - Season starts on Dec. 2. For more information call Earl Young at 221-1180 or e-mail earl.young@amedd.army.mil.

Intramural Volley Ball - Letter of intent is due on February 2, 2003. Coaches meeting will be held February 6, 2003 at the Jimmy Brought Fitness Center and season starts February 18, 2003.

Intramural Ping Pong - Letter of intent is due on January 6, 2003. Coaches meeting will be held January 10, 2003 at the Jimmy Brought Fitness Center and season starts January 21, 2003.

Intramural Spring Flag Football - Letter of intent is due on February 10, 2003. Coaches meeting will be held February 14, 2003 at the Jimmy Brought Fitness Center and season starts on February 24, 2003.

Intramural Soccer - Letter of intent is due on February 3, 2003. Coaches meeting will be held February 12, 2003 at the Jimmy Brought Fitness Center and season starts on February 18, 2003. For more information on the above events call Earl Young at 221-1180 or e-mail earl.young@amedd.army.mil.

Career Clips



The Army Career and Alumni Program office provides numerous services to eligible people in transition including job assistance. Information on these and other positions is available to ACAP customers in the ACAP office, Bldg. 2264 or call 221-1213.

Route Supervisor Cold Drink - San Antonio. Maintain superior customer service within assigned outlets by providing merchandising support and conducting replenishment ordering process.

X-Ray Technician - Part Time - San Antonio. Responsible for x-ray functions to include performance of lab and maintaining quality standards. Need three years experience and registration through ASCP or equivalent.

Web Developer - San Antonio. Responsible for the analysis, design and development of various components of an Internet site to support customer access. Requires proficiency in Visual Basic, Java, VB Script, JavaScript, Dreamweaver, Front Page, Flash and Macromedia.

Programmer Analyst II - San Antonio. Responsible for programming, testing, implementing and maintaining new and existing application programs. Must be able to program in Visual Basic, Access, Cobol, MS SQL or similar languages.

Assistant Manager for museum gift shop. Great work environment; Tues.-Sat., 10 a.m.-4 p.m.; part-time, 30 hour week; paid by the month; permanent San Antonio resident needed. Call 225-0015 for appointment.

Fort Freebies



Freebies are published on a first come, first serve basis. Commercial advertisements are prohibited. The deadline is noon Monday. Freebies are intended for personal household goods and privately owned property, and may only be submitted by active, retired or reserve component military members and civilian employees working on Fort Sam Houston. To submit paid classified ads or commercial advertising, contact Prime Time at 453-3300. To submit a Fort Freebie, e-mail to: news.leader@amedd.army.mil or fax to 221-1198. Ensure your military/Fort Sam Houston civil service status, phone number and name appears on request.

For Sale: Baby buggy, \$75 obo; 9'x12' oriental wool carpet, \$250 obo; 12-place china setting, Desert Rose, \$400 obo. Call 495-3526.

For Sale: 15" custom aluminum alloy rims for Honda Accord, make an offer. Call Larry at 221-7617 or 310-7433.

For Sale: 16K Reese Pivoting 5th wheel hitch with rails, \$500 obo, 10000 # receiver hitch for 99-2001 Ford, \$75, Westin Tube step rails for 99-2001 Ford \$100. Call 210-657-0848.

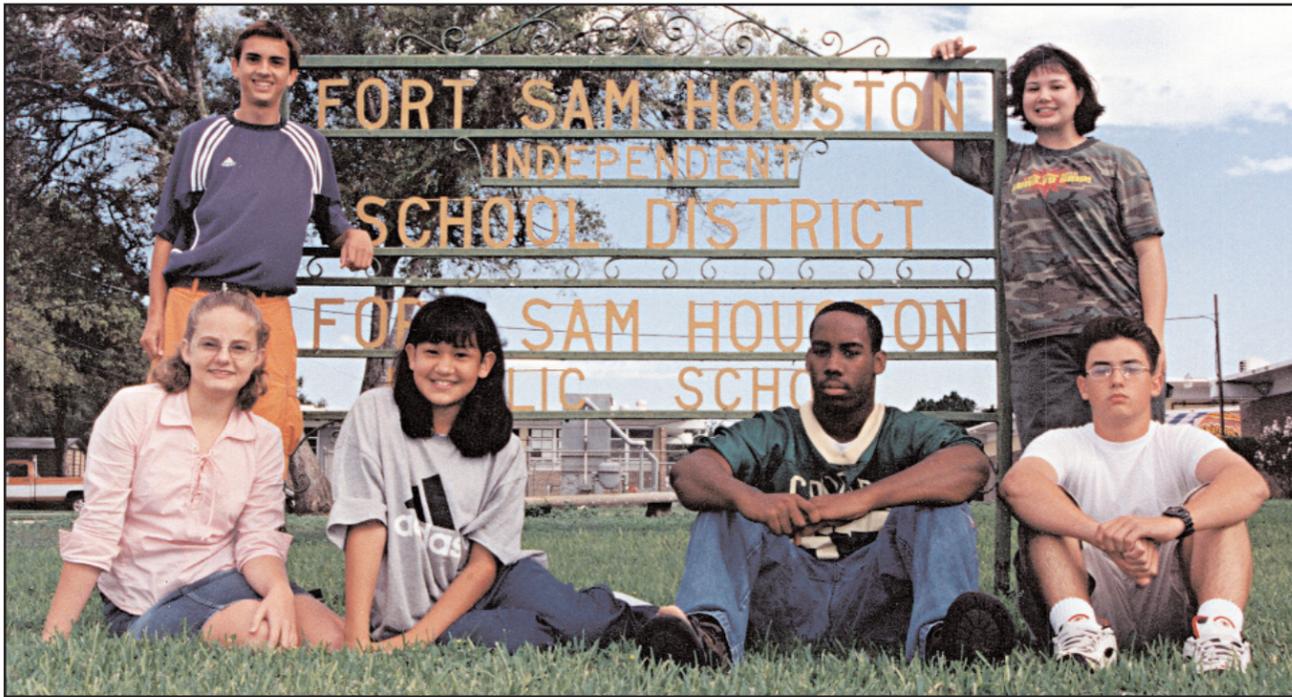
For Sale: Computer HP Pavilion 3260 200MHz, 2.1GB, \$100; computer desk \$65; fire-place accessories, \$5; end tables, coffee table, or

kitchen table \$5 each; upright vacuum \$10. Call Louis or May at (210) 566-8169.

For Sale: Dining room table with 6 chairs, \$90, Keys Elliptical exercise trainer, \$90, twin size comforter set (animal print), \$20, queen size bed frame with casters, \$20. Call 223-0957.8

For Sale: 1996 Ford Explorer XLT, 91K mileage, auto, A/C, power steering, windows, locks, \$7,100. Call 495-2296.

For Sale: German "Shrunk", solid Belgium oak, 10 pieces, 12' long by 7' high, \$900. Call 646-9928.



Courtesy photo

Cole honors "Principal's Students of the Month." Each month Cole Jr./Sr. High School recognizes one student from each grade level for his/her outstanding attitude, citizenship, and overall contribution to the school. The students are nominated by their teachers and then one student is selected by the faculty of each grade level. The recipients for October 2002 are (back row, left to right) Brandon Childers, 11th grade; Janet Yaul, 12th grade; (front row, left to right) Amy Reed, 8th grade; Gabriela Ruiz, 7th grade; Kendrick Harris, 9th grade; and Troy Robertson, 10th grade.

*FSH ISD Thanksgiving Holidays Nov. 25-29
School resumes, Dec. 2*

Youth Happenings

Exploring Life for Middle School Students

Youth Services offers an after school program for Middle School youth grades 6-9 on Monday through Friday after school until 6 p.m. This program is free for eligible students registered with Child and Youth Services, which is \$15, annually. For more information, call 221-3502.

The following classes are announced:

Dance Classes - Sign up now for the January sessions. Cost is \$28 per month for 50 minute classes and \$30 per month for 60 minute classes.

Gymnastics Classes:

Tuesday

2:45-3:30 p.m. Preschool 2-4 year olds,
3:30-4:15 p.m. 3-5 year olds, 4-4:45 p.m. 6 years and older.

Thursday

4-5 p.m. 6 years and older, 5-6 p.m. Intermediate.

Fridays

4-5 p.m. 6 year old and up, Cost is \$30 for the 1st child, \$25 for the 2nd child.

Tae-Kwon-do Classes are held Monday and Wednesdays from 5:30-6:30 p.m. Cost is \$35 per month for the 1st child and \$30 for the 2nd child ages 6-18 years old.



Teen Talk - All teens are invited to attend Teen Talk every Thursday from 4-5 p.m. Teen talk is a group discussion about all the topics that teens are interested in and want to talk about. The Family Advocacy program assists YS with this program. Come and join your friends at the Youth Center and get all the

information you need to know.



Open Recreation is available every Saturdays, for youths in grades 1-12 at the Youth

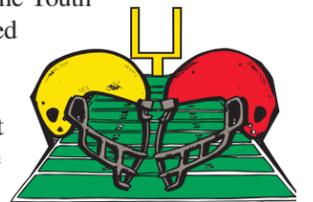
Center, Bldg. 1630 from 3-8 p.m. for grades 1-5, 3-10 p.m. for grades 6-8 and 3-11 p.m. for grades 9-12. All youth must be registered with Child and Youth Services and parents of those under 8 must sign them in and out of the building. We will have arts and crafts classes weekly, show movies, and have game tournaments with prizes. If you need to shop, or want to take an afternoon off and want to have your kids have a great time and be in a safe place, check with Youth Services.

Annual Youth Services Basketball

Registration for youth ages 3-18 now through Dec. 6 from 10 a.m. to 7 p.m. YS will be participating in the Spurs Drug Free League this year. The cost is \$55 for the 1st child, \$50 for the 2nd and \$45 for the 3rd. Practice will begin in December and games will begin in January. For more information call 221-3502

Youth Center closed for YS Football

Championships. The Youth Center will be closed on Nov. 23 for the YS Football Championships that will be held at Cole Football Stadium.



The Football games will be from 8 a.m. to 10 p.m. YS will be running the concession stand and would like volunteers to assist cooking, preparing beverages and food items and serving. Call the Youth Center at 221-3502 for more information.

Thanksgiving Camp for Middle School Students will be held from Nov. 25-27 at the Youth Center. The cost for the camp will be \$10 per day. Breakfast, lunch and snack will be served. There will be sports activities, computer lab, game time and more. For information call 221-3502.



Community events

"TWIGS" at the Harlequin Dinner Theatre, now through Dec. 21

The Harlequin Dinner Theatre is featuring "TWIGS", a comedy by George Furth, Wednesday through Saturday evenings from Nov. 13 through Dec. 21 (no performances on Nov. 27 and 28). Prices are \$25.95 on Friday and Saturday and \$22.95 on Wednesday and Thursday. There are discounts for military personnel. Performances are Wednesday through Saturday evenings with the house opening for cocktails and salad bar at 6:15 p.m. Dinner is served from 6:30 to 7:30 p.m. and curtain time is 8 p.m. For reservations call (210) 222-9694 or visit the theatre in advance. The box office is open Monday through Friday from noon to 5 p.m. and Saturdays from 1 to 5 p.m. Theatre is handicapped accessible.

Alamo Plaza Christmas Tree Lighting Ceremony, Nov. 29

Alamo Plaza, 5:30 p.m. There will be entertainment and Santa's arrival at 6 p.m. Tree lighting is sponsored by H.E.B. with support from the City of San Antonio. For information call 207-3025.

John Quiñones 2002 Holiday River Parade Grand Marshall, Nov. 29

San Antonio native, John Quiñones, correspondent for the ABC News newsmagazines "Primetime Thursday" and "20/20" has been named Grand Marshall of the 2002 Holiday River Parade, which will take place Nov. 29 at 7:02 p.m. with the ceremonial "Pulling of the Switch" by Mayor Ed Garza, which illuminates over 122,000 twinkling lights suspended in the trees along the San Antonio River Walk.

Holiday River Walk Lighting Ceremony, Nov. 29

This event is held at the Arneson River Theatre, 7 p.m. "switch pull" immediately precedes river parade. Mayor and Parade Grand Marshall join to throw the switch that lights up San Antonio's River Walk with 122,000 tiny lights. The lights shine brightly every evening through January 1, 2003. Produced by the Paseo del Rio Association in conjunction with the City of San Antonio. For information, call the Paseo del Rio Association at 227-4262.

Feria de Santa Cecilia/Mariachi Festival in Market Square Nov. 29 - Dec. 1

Festival is held at the Market Square, noon to 8 p.m. Stroll Market Square to the sounds of mariachi music and enjoy a variety of food and drink. For information call 207-8600.

Milam Park Tree Lighting, Nov. 30

Tree Lighting will be held at Milam Park at 5 p.m. Entertainment begins at 6:20 p.m. Children at Santa Rosa Hospital will take part in flipping the switch for the tree lighting from their hospital rooms. Fifteen ethnic groups will decorate trees in their native culture. Face painting, arts and crafts, strolling mariachis, choirs, high school bands and Parks and Recreation dancers will be part of the entertainment.

Lighting of Market Square, Nov. 30

Join in the food, fun and festivities as dignitaries flip the switch to light up Market Square at 6:30 p.m. Call 207-8600.

Holiday River Barge Caroling, Nov. 30 - Dec. 22

Joyous caroling fills the evening air along the San Antonio River Walk at 6:30 - 9:30 p.m. as more than

¿Que Pasa?

175 school, church, company and civic choral groups ring in the holidays by singing traditional carols on cruising boats. The electric mix of participants includes bell choirs, folk groups, Latino ensembles and hearing impaired performers. To participate, contact the Paseo Del Rio Association at 227-4262 ext. 102.

Dinosaurus Tex ends Dec. 1

As time flies by, the dinosaurs' time becomes short in the San Antonio Botanical Garden. Since the Labor Day weekend opening of Dinosaurus Tex: Giants in Our Backyard more than 56,000 have visited the Garden. The following are the hours for the final presentations of Dinosaurus Tex: Giants in Our Backyard: Nov. 16 at 10 a.m., 11 a.m. and 2 p.m. Nov. 17 at 10 a.m., 11 a.m. and 2 p.m. Nov. 30 at 10 a.m., 11 a.m. and 2 p.m. and Dec. 1 at 2 p.m. and 3 p.m. The San Antonio Botanical Garden is located at 555 Funston Place, San Antonio.

Fort Sam Houston Tree Lighting, Dec. 4

The traditional tree lighting ceremony will take place at the main post flagpole Dec. 4 at 6 p.m. The 323d Army Band will play a medley of holiday music. The public is invited.

Crystal Charity Ball 2002, Dec. 5

The Crystal Charity Ball will be held Dec. 5, 7 p.m. to midnight. Enjoy an elegant dinner and dancing at the historic St. Anthony Hotel ballroom. Individual tickets \$100 each, table of 10, Corporate \$1,000. For tickets or information call Brad Fuller 979-6420 or Mr. Scogin 490-2061. This event will benefit Dream Come True, Inc.

FSH Holiday Christmas Ball, Dec. 6

The Fort Sam Houston Christmas Ball will be held Dec. 6, 6 p.m. at the NCO Club. Tickets are \$20 per person and may be purchased from your unit's Command Sergeant Major or Sergeant Major, or the Garrison Operations Section. For more information call 221-2810.

Fiestas Navidenas Dec. 7-8, 14-15, 21-22

Held the first three weekends in December at the Market Square. Includes children's choirs serenading visitors, children's folkloric dance groups, youth mariachi and visits with Pancho Claus, Santa's cousin from south of the border. (times to be announced). Events include Feria de Santa Cecilia and La Gran Posada. Sponsored by the Parks and Recreation Department Market Square Office. For information call 207-8600.

Volunteers

Black Employment Program Committee prepared for MLK celebration

The Black Employment Program Committee needs your help. The committee meets the third Tuesday of each month in Bldg. 142 conference room at 1:30 p.m. Preparations are underway for the upcoming Dr. Martin Luther King, Jr. Birthday Celebration in January and other Black history month activities in February. To volunteer, call the HR/EEO Office at 221-0218.

In the classroom

ESL classes taught at the Roadrunner

English as a Second Language classes are held on Fort Sam Houston at the Roadrunner Community Center and are free. They are designed especially for foreign-born spouses to increase reading comprehension, vocabulary, and pronunciation. Classes are appropriate for beginner, intermediate and advanced students with individualized group instruction. The Army Community Service Relocation Assistance Program and the Region 20 Education Center sponsor classes. To register, call 221-2418.

Otras Cosas

Mom-To-Mom Breastfeeding Support Group

Join Mom-To-Mom Breastfeeding Support Group Wednesdays 1-2 p.m., starting Dec. 4.m. at the Pediatric Clinic Conference Room (ask for directions from pediatric clinic front desk). All San Antonio area military beneficiaries welcome. For information call (210) 916-1798.

FSH PX Christmas Market open

The Fort Sam Houston Post Exchange invites its patrons to visit the newly opened Christmas Market, located next to the Main Exchange. The market is now open seven days a week through Dec. 31.

Visit the Christmas Market for unique gift giving ideas. For more info call 225-1305.

2002 FEHB Open Season, Now through Dec. 9

2002 Federal Employee Health Benefits Open Season begins now through Dec. 9. During this time, employees may elect to enroll or make changes to their existing health coverage. The effective date of the FEHB change for 2002 open season elections will be January 12, 2003. Employees can also find out information about open season at <http://www.opm.gov/insure/heath/hr.htm>.

ITBC Help Desk has new features

On Nov. 23, added features to the ITBC Help Desk at 221-HELP (221-4357) will activate additional menus for Fort Sam Houston supported customers. Additional menus include options for Technical Support of Automation Issues, Technical Support of Network Issues, Technical Support of Telephone Issues, and Voicemail Inquiries. These additional features will allow technicians to promptly answer your incoming calls. Customers will have the option to leave a message for a technical response on the next working day when the call is made after duty hours, during a weekend, or holiday. In the case of emergency, customers will be connected to a Post operator. For more information, call the ITBC Help Desk at 221-HELP (221-4357).

TSP Open Season, now - Dec. 31

Thrift Savings Plan Open Season is now through Dec. 31. Contribution percentages or dollar amount changes can be done via Internet at www.abc.army.mil or via telephone at 1-877-276-9287. Allocations of your investment can be changed via computer at www.tsp.gov. TSP is one of the best benefits government employees have with matching government contributions to the Federal Employee Retirement System. TSP is a vital part of the three-part retirement program (TSP, Social Security, and Pension). The OPM has advised employees under FERS who do not actively participate in TSP contributions, they can expect a retirement annuity at or below poverty level. Congress is concerned that one quarter of employees under the FERS system are not contributing to the TSP. The contribution limits will rise by another percentage point to 13 percent for FERS and 8 percent for CSRS employees this season.

Meetings

FSH Sergeant Major Association Meeting

The Fort Sam Houston Sergeants Major Association meets at the FSH NCO Club every Third Thursday of the month at 6 p.m. Retired Sgt. Maj. Oscar R. Ramos, president of the Association invites all Active Duty and retired command sergeants major, sergeants major and master sergeants on the promotion list from all service branches to attend the meetings and share in the relaxed atmosphere of our social activities. For membership information, call Command Sgt. Maj. Paul Brown at 221-1676.

